



California's First Lady, Maria Shriver

It's your body. Feed it.
Water it. Move it.

10 Steps to Better Health for Parents

If you eat
healthfully,
your family will too



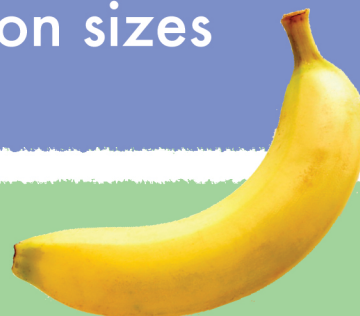
When your
family's thirsty,
serve water



Eat fruits and
vegetables
every day

Make sure snacks
are healthy

Teach your family
about good
portion sizes



Breastfeed
your baby



Be active with
your kids

Limit TV, computer
and video games –
don't put a TV in
your child's
bedroom

Eat meals with
your kids



Volunteer with your
kids – it gets your
family moving and
feels great

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